

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"

Summer 2013



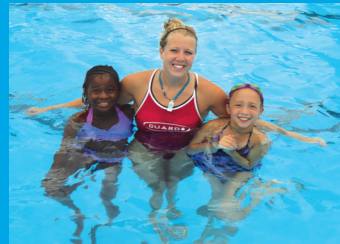
Youth, Adult & Senior Programs * Summer Playgrounds * Special Events * Fitness Classes



Extravaganza



Summer Playgrounds



Aquatic Programs



Sports Camps

Registration Begins May 3rd* for residents

***Register NOW for Summer Playgrounds & Bus Trips - No need to wait!**

Registration Begins May 17th for non-residents



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



Circle Method of Payment: Cash Check Credit Card Debit **TOTAL AMOUNT: \$** _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Check out page 6 for our Summer Concert Series!



Our Summer Concert Series is made possible by the generous support of Data-Mail, Inc. Please see page 6 for the Summer Concert Series schedule. We're excited to offer a variety of music the whole family will enjoy this year!

FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel & Youth	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 666-1776
Football - Youth	(860) 666-3367
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena (Skating)	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

NEW Bus Trips Offered!

We're offering bus trips to many exciting places this summer. Check out page 5 for all of our exciting trips. Register today for these fun trips - no need to wait until May 3rd!

Contents

Registration Form.....	2
Facility Rentals.....	4
Birthday Parties.....	4
Bus Trips.....	5
Community Events	6
Extravaganza.....	7
Aquatic Programs.....	8 - 11
Youth Art & Music.....	12
Youth Specialty Camps.....	13-14
Summer Sunshine.....	15
Summer Music.....	16
Playground Pals.....	16
Performing Arts Programs.....	16
Summer Playgrounds.....	17
Counselor-In-Training.....	17
Tennis Programs.....	18
Golf Programs.....	19
Adult Programs.....	20
Adult Fitness.....	21-22
Adult Pilates & Yoga.....	22
Older Adults.....	23
Registration Info.....	24

Discounted Tickets Available for Six Flags and Lake Compounce

Get your discounted Six Flags or Lake Compounce tickets at the Parks and Recreation office! Tickets to Lake Compounce are \$28.00 per person and are valid for any one day during the 2013 season. Tickets for Six Flags are \$36.00 per person and are also valid for any one day during the 2013 season. Tickets are available on a first come, first served basis until Friday, August 23rd or until tickets run out. Purchase early to avoid disappointment. No refunds will be given for lost, stolen or unused tickets.



Program
Information Hotline:
860-665-8686



Whale Watch *Saturday, August 3, 2013*

Imagine being within feet of some of the most graceful, rare mammals in the world! On this trip, you will learn about whales like the Finback, the Humpback, the Minke and more! A professional marine biologist will guide the four-hour Whale Watch on board Captain John Boats, where you may also see other marine animals such as dolphins, seals and porpoises. Tours always stop at the feeding ground where whales are most prominent. You will also get to visit Plymouth Rock - housed within the smallest state park in Massachusetts and visited by nearly one million people each year.

Fee: \$84 for adults / \$74 for children 12 and under

ID: 9189

Bus trip includes:

- Round trip motorcoach transportation
- Whale Watch on board Captain John Boats departing from Town Wharf in Plymouth
- Visit to Plymouth Rock
- Bus departs at approximately 7:30 a.m. **(Specific location to be determined)**. Departs Plymouth at approximately 6:00 p.m.



Hudson Valley Garlic Festival & River Cruise *Saturday, September 28, 2013*

Celebrate GARLIC! Visit the 25th Annual Garlic Festival in historic Saugerties, New York, where you'll enjoy the Garlic Marketplace, the Food Alley, Entertainment, cooking demonstrations, instructive garlic growing and braiding talks, over 80 arts & craft vendors and a children's tent with activities for the younger crowd. You will also board the "Rip Van Winkle" for a two-hour narrated cruise on the majestic Hudson River where you'll be able to view the spectacular scenery and fall foliage.

Fee: \$86 per person

ID: 9190

Bus trip includes:

- Round trip motorcoach transportation
- Garlic Festival Admission
- Hudson River Fall Foliage Cruise
- Bus departs at approximately 7:00 a.m. **(Specific location to be determined)**. Departs Saugerties at approximately 5:00 p.m.



New York City Food & Markets Tour *Saturday, October 19, 2013*

New York City is home to a smorgasbord of cultures and the incredible culinary traditions that have been tantalizing the palates of native New Yorkers and their guests for many years. There's no better way to experience NYC than to walk its streets and "nosh" (sample) your way through the affordable culinary treats that are readily available! Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzerias, bagel, bialy and knish shops, pasta makers, meat markets and more! We eat "on the go" and sample as many culinary delights as possible - experiencing the streets of New York by walking, tasting, smelling and sampling. Bring money (food is not included) and a small cooler if you'd like to bring some treats home with you!

Fee: \$58 per person

ID: 9191

Bus trip includes:

- Round trip motorcoach transportation
- Bus departs at approximately 7:00 a.m. **(Specific location to be determined)**. Departs New York City at approximately 6:00 p.m.

Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
 - Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
 - An adult must accompany anyone under the age of 18.
 - Rest stops to/from the destination are at the discretion of the Tour Director.
 - We are not responsible for your return trip if you miss the bus!
 - We typically use a 50-passenger coach bus. Most trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
 - Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
 - Bus departure location details will be stated in your trip itinerary. All participants will be mailed a detailed trip itinerary a few days before the trip.
- Please look over the trip itinerary carefully** - occasionally the departure times may change slightly from what is listed in this Program Guide.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.



Touch-a-Truck

Saturday, June 15th, 10 AM -12 Noon
Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! This is a hands-on event and kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance, Dunkin Donuts truck and more! No registration is required.



Summer Concert Series at Mill Pond Park

Sponsored by Data-Mail, Inc.

Thursdays, June 27, July 11, 25 & August 1st, 6:30 - 8:30 PM

Friday, July 19th, 6:30 - 10 PM



Newington Parks and Recreation Department presents the 2013 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Mill Pond Park Gazebo. Join us for the 21st season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors! There will also be a Friday night concert on the eve of Newington's Extravaganza! In case of inclement weather, Thursday concerts will be held in the Town Hall auditorium. There is no rain date or location for the concert on Friday, July 19th. Please call our program hotline at 860-665-8686 if the weather is inclement.

2013 Concert Schedule



Thursday, June 27th - **The Daily Planet**

"Reunited to bring you a mix of popular 60's & 70's tunes!"



Thursday, July 11th - **Gunsmoke**

"Classic country, rockabilly & western Swing - all in one package!"



Friday, July 19th - **Ticket to Ride**

"The complete Beatles show" (This is a Friday night concert on the eve of Newington's Extravaganza! More information is available on page 7.)



Thursday, July 25th - **Red Satin**

"Performing the best swing, jazz, big band, contemporary, funk and classic rock from over 7 decades of great music!"



Thursday, August 1st - **In The Groove**

"A rhythm funk band for all occasions!"



Fun Runs

Wednesdays, July 10, 17, 24, 31, August 7 and 14th, 6:30 PM

Cross Country Trails behind John Wallace Middle School

These runs are a great way for the whole family to keep in shape! We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners. Both races are free. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Monday, August 12th, 6 - 7:30 PM at Churchill Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance, too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.

A Week of Events to Celebrate the 32nd Annual Extravaganza!!!



Newington Family Pool Party

Monday, July 15th, 6:00 - 8:00 PM (BYO Picnic Dinner/Dance from 5:00 - 6:00 PM)
Mill Pond Park Pool (Newington residents only)

Join us for a night at Mill Pond Park Pool for a free family pool party sponsored by the Friends of the Library. Join us on the grass outside the pool area from 5:00 - 6:00 p.m. for a BYO (bring your own) picnic dinner including games, music and dancing with a DJ and Librarians. Refreshments provided by the library will be available. The pool will then open at 6:00 p.m. For more information, please call the library at 860-665-8700. This is a free event for all Newington residents!



Family Fun Run

Wednesday, July 17th, 6:30 PM

Cross Country Trails behind John Wallace Middle School

Join your friends and neighbors of all ages for this FREE event. This fun run is part of our annual summer fun run series, but we will have special prizes and games to celebrate the upcoming 32nd Annual Extravaganza! For more information on our fun run series, please see page 6.



Summer Carnival on Extravaganza weekend!

Thursday, July 18, 5 -10 PM; Friday, July 19, 5 -10 PM & Saturday, July 20, 9 AM -9 PM
Mill Pond Park

Stay local this summer and let the carnival come to you! This annual event gets bigger and better every year, and best of all, it's right here in Newington! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Individual ride tickets may be purchased, or purchase a ride wristband and enjoy unlimited rides that day! Ride on Thursday for \$15 with a ride wristband. Ride on Friday or Saturday for \$20 with a ride wristband. Wristbands are only valid on the day they are purchased. You won't want to miss these three days of fun! Carnival rides will close promptly at times listed.



Concert in the Park & Adult Beverage Garden

Friday, July 19th, 6:30 PM

Mill Pond Park

This is one night you won't want to miss! Ticket to Ride will perform on the eve of Extravaganza at Mill Pond Park, recreating the Beatles sound and harmonies, in the original key and the Beatles famous guitar and drum arsenal! Sit back with your friends, family and neighbors to celebrate Newington on this evening with entertainment, food and drinks! Admission to the concert is free and open to all ages. Admission into the beverage garden is \$5 and all attendees in the beverage garden must be 21 or older. For more information, please call 860-665-8666. Please call our program hotline at 860-665-8686 if the weather is inclement.



32nd Annual Extravaganza!

Saturday, July 20th, activities and events begin at 9:00 AM; Fireworks at 9:30 PM
Mill Pond Park

Join us at Mill Pond Park on Saturday, July 20th to celebrate Newington and all it has to offer at the 32nd Annual Extravaganza! Enjoy food, games, rides, arts & craft exhibits and much more! Our Entertainment Stage will feature an exciting line-up of performers. Admission and parking are free, so bring the whole family to this all-day event! The event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your neighbors and friends at the Extravaganza, an event you will surely enjoy!



Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, private lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Summer pool passes may also be used at the Newington High School Pool for the 2013-2014 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 24th
Closes Sunday, August 18th at 6:00 p.m.

June 24th - August 11th

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.

6:45 - 8:15 p.m.

Friday

10 a.m. - 1 p.m.

2 - 8:15 p.m.

Saturday & Sunday

2 - 6:15 p.m.



August 12th—August 18th

Recreational Swim

10:00 a.m. - 6:00 p.m. Daily

Mill Pond Pool will be closed on
Saturday, July 20th for the Extravaganza.

Churchill Pool

Opens Monday, June 24th
Closes Sunday, August 11th at 4:45 p.m.

Recreational Swim

Monday - Thursday

12 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

12 - 4:45 p.m.

Pool Passes

Individual Pass

- Purchased on or before May 22nd: \$55
- Purchased after May 22nd: \$60

Household Pass*

- Purchased on or before May 22nd: \$75
- Purchased after May 22nd: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the additional fee for each person is \$5.

Senior & Disabled Swim

at Mill Pond Pool

June 24th - August 9th

Monday - Friday

1:00 - 2:00 p.m.

Daily Admission Rates

- Adults (18+): \$5
- Children (under 18): \$3
- Seniors (62+): \$3

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older.

* Proof of residency is required.

Guardstart

Ages 11 - 14

This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguarding Program. Participants should bring a bathing suit and towel to each class. Guardstart is held Monday through Thursday for two weeks.

Location: Mill Pond Pool

Fee: \$65 (8 classes) / not available for non-residents



ID:	Time	Dates
8914	6:00 - 6:30 PM	Monday - Thursdays, June 24 - July 4 (8 classes)
8915	6:00 - 6:30 PM	Monday - Thursdays, July 22 - August 1 (8 classes)

American Red Cross Lifeguarding

We may be offering the new American Red Cross Lifeguarding Course this Summer. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Participants must be 15 years of age by the completion of the course. Course dates are still being determined. If you would like to be contacted about upcoming courses, please call our office at 860-665-8666.



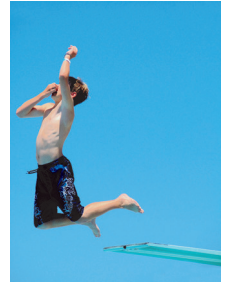
Special Needs Swim Lessons *Ages 5 & Up*

These swim lessons are offered for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

June 24 - 27	July 1 - 4	July 8 - 11	July 22 - 25	July 29 - Aug. 1	August 5 - 8
6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.
ID: 8916	ID: 8917	ID: 8918	ID: 8919	ID: 8920	ID: 8921



Little Swimmers *Ages 6 months - 5 years*

A great program for your little swimmer! Join us at Mill Pond Wading Pool and Churchill Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper. Participants may attend the program at both wading pools.

Location: Churchill Wading Pool and Mill Pond Park Wading Pool

Times: Churchill Wading Pool: 9:30 - 10:30 AM

Mill Pond Wading Pool: 10 AM - 12 PM

Fee: \$10 per week or \$55 for the whole summer for residents / not available for non-residents.

Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

Adult Swim Lessons *Ages 18 & Up*

Our adult swim lessons provide the opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are held as one week sessions, Monday through Thursdays and are taught in groups of no more than 5 participants per instructor.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

ID	Level	Dates	Time
8929	Beg./Adv. Beginners	Monday - Thursday, July 8 - 11	6 - 6:30 PM
8930	Beg./Adv. Beginners	Monday - Thursday, August 5 - 8	6 - 6:30 PM

Session	ID	Dates
1	8922	Monday - Thursday, June 24 - June 27
2	8923	Monday - Thursday, July 1 - July 4
3	8924	Monday - Thursday, July 8 - July 11
4	8925	Monday - Thursday, July 15 - July 18
5	8926	Monday - Thursday, July 22 - July 25
6	8927	Monday - Thursday, July 29 - August 1
7	8928	Monday - Thursday, August 5 - August 8

Private Swim Lessons *Ages 5 & Up*

Private lessons are limited to one participant per instructor. Participants receive one-on-one attention on a particular skill, or if you choose, several skills. Private lessons offer a great opportunity for beginners to develop skills or for competitive swimmers to improve technique and endurance. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. During the first class, participants should inform their instructor of what particular skill or skills they choose to focus on.

Location: Churchill Pool

Fee: \$95 (4 classes) for residents / not available for non-residents

June 24 - 27	July 1 - 4	July 8 - 11	July 15 - 18	July 22 - 25	July 29 - Aug. 1	August 5 - 8
6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM
ID 8931 8932	ID 8933 8934	ID 8935 8936	ID 8937 8938	ID 8939 8940	ID 8941 8942	ID 8943 8944

Swim Lesson Registration Guidelines

- **RESIDENCY:** Swim lessons are for residents only.
- **CANCELLATIONS:** Swim lessons will be cancelled when there is lightning and/or thunder in the area. Please call the pool activity line at 860-665-8766 if the weather is inclement. There are no make-up classes, vouchers or refunds issued for missed or cancelled lessons unless otherwise stated.
- **LEVELS:** Please register your child for the appropriate level as listed below. If your child is registered for an inappropriate level, the child may be moved into a more suitable level (depending on availability) at our discretion, or removed from the program.
- **MINIMUM AGES:** While we understand that ages and abilities vary greatly, we must enforce the minimum age requirements for our programs. Please see level descriptions below for more information. Birth certificates are required for any participants under 5 years old.
- **DEADLINES:** Swim lesson registration must be received by the Parks and Recreation office no later than Fridays at 4:30 p.m. for sessions beginning the following Monday. Registrations received after Fridays at 4:30 p.m. will be considered late, and participants will not be permitted to attend lessons until the day AFTER registration is received.
- **REGISTERING FOR MULTIPLE SESSIONS:** If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. For example, if your child is registered for Level 2, you may not sign up for a Level 3 class until your child is notified by the instructor that he/she has passed Level 2. Failure to abide by this policy will result in the cancellation of your child's enrollment.
- **CHANGING LEVELS:** If you register your child for multiple sessions of the same level and the child passes the level, you may move your child into an available class in the next level, stay in the same level, or receive a refund (please note that a \$5.00 processing fee is deducted from any refunds issued). This must be done in person at the Parks and Recreation office, and you must bring your child's certificate showing they have passed.

Swim Lesson Level Descriptions

Infant & Preschool Programs (Ages 6 months - 5 years old)

Waterbabies (Ages 6 months - 2 years with parent)

Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained.

Preschool A (Ages 3 - 4)

Children participate independently in this program that includes water entry and adjustment, blowing bubbles, assisted floating, basic kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water.

Preschool B (Ages 4 - 5)

This program is for children who are entering or have completed kindergarten.. Children participate independently in this program that includes water entry, blowing bubbles, bobbing, floating, glides, kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Four year olds should be comfortable in the water and/or successfully participated in Preschool A lessons.

Learn-To-Swim Program Levels 1 - 6 (Ages 6 -17)

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child.

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 6 years old)

Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Semi-Private Swim Lessons Ages 6 - 17

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday and are 30 minutes in length. Please see descriptions for Levels 1 - 6 above.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

Session 1: June 24 - 27

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8945	Level 4 8948
Level 2 8946	Level 5/6 8949
Level 3 8947	

Session 2: July 1 - 4

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8950	Level 4 8953
Level 2 8951	Level 5/6 8954
Level 3 8952	

Session 3: July 8 - 11

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8955	Level 4 8958
Level 2 8956	Level 5/6 8959
Level 3 8957	

Session 4: July 15 - 18

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8960	Level 4 8963
Level 2 8961	Level 5/6 8964
Level 3 8962	

Session 5: July 22 - 25

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8965	Level 4 8968
Level 2 8966	Level 5/6 8969
Level 3 8967	

Session 6: July 29 - Aug. 1

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8970	Level 4 8973
Level 2 8971	Level 5/6 8974
Level 3 8972	

Session 7: August 5 - 8

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 8975	Level 4 8978
Level 2 8976	Level 5/6 8979
Level 3 8977	



Group Swim Lesson Program *(Newington residents only)*

Waterbabies: ages 6 months - 2 years with parent, Preschool: ages 3 - 5, Levels 1-6: ages 6 - 17 years

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 6 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions on page 10 or online at www.newingtonct.gov prior to registering your child.

Churchill Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 24 - July 4		Session 2: July 8 - July 18		Session 3: July 22 - August 1		Session 4: August 5 - 8	
9:30 a.m. - 10:00 a.m. 10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m. 10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m. 10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m. 10:00 a.m. - 10:30 a.m.	
Preschool A	ID: 8980	Preschool A	ID: 8988 ID: 8992	Preschool A	ID: 8996	Preschool A	ID: 9004
Preschool B	ID: 8984	Preschool B	ID: 8993	Preschool B	ID: 9000	Preschool B	ID: 9005 ID: 9008
Level 1	ID: 8981 ID: 8985	Level 1	ID: 8989	Level 1	ID: 8997 ID: 9001	Level 1	ID: 9009
Level 2	ID: 8982 ID: 8986	Level 2	ID: 8990 ID: 8994	Level 2	ID: 8998 ID: 9002	Level 2	ID: 9006 ID: 9010
Level 3	ID: 8987	Level 3	ID: 8991	Level 3	ID: 9003	Level 3	ID: 9011
Level 4	ID: 8983	Level 4	ID: 8995	Level 4	ID: 8999	Level 4	ID: 9007

Churchill Pool Group Lessons - evenings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 24 - July 4		Session 2: July 8 - July 18		Session 3: July 22 - August 1		Session 4: August 5 - 8	
5:00 p.m. - 5:30 p.m. 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. 5:30 p.m. - 6:00 p.m.	
Water babies	ID: 9017	Water babies	ID: 9022	Water babies	ID: 9032	Water babies	ID: 9047
Preschool A	ID: 9018	Preschool A	ID: 9023	Preschool A	ID: 9033 ID: 9037	Preschool A	ID: 9048
Preschool B	ID: 9012	Preschool B	ID: 9027	Preschool B	ID: 9034	Preschool B	ID: 9042 ID: 9049
Level 1	ID: 9013 ID: 9019	Level 1	ID: 9024 ID: 9028	Level 1	ID: 9038	Level 1	ID: 9043 ID: 9050
Level 2	ID: 9014	Level 2	ID: 9025 ID: 9029	Level 2	ID: 9035 ID: 9039	Level 2	ID: 9044
Level 3	ID: 9015 ID: 9020	Level 3	ID: 9030	Level 3	ID: 9040	Level 3	ID: 9045
Level 4	ID: 9021	Level 4	ID: 9026	Level 4	ID: 9036	Level 4	ID: 9046
Level 5/6	ID: 9016	Level 5/6	ID: 9031	Level 5/6	ID: 9041	Level 5/6	ID: 9051

Mill Pond Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 24 - July 4		Session 2: July 8 - July 18		Session 3: July 22 - August 1		Session 4: August 5 - 8	
11:00 a.m. - 11:30 a.m. 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. 11:30 a.m. - 12:00 p.m.	
Water babies	ID: 9057	Water babies	ID: 9062	Water babies	ID: 9077	Water babies	ID: 9082
Preschool A	ID: 9052	Preschool A	ID: 9067	Preschool A	ID: 9072	Preschool A	ID: 9087
Preschool B	ID: 9058	Preschool B	ID: 9063	Preschool B	ID: 9078	Preschool B	ID: 9083
Level 1	ID: 9059	Level 1	ID: 9064 ID: 9068	Level 1	ID: 9079	Level 1	ID: 9084 ID: 9088
Level 2	ID: 9053	Level 2	ID: 9069	Level 2	ID: 9073	Level 2	ID: 9089
Level 3	ID: 9054 ID: 9060	Level 3	ID: 9065	Level 3	ID: 9074 ID: 9080	Level 3	ID: 9085
Level 4	ID: 9055	Level 4	ID: 9070	Level 4	ID: 9075	Level 4	ID: 9090
Level 5	ID: 9061	Level 5	ID: 9066	Level 5	ID: 9081	Level 5	ID: 9086
Level 6	ID: 9056	Level 6	ID: 9071	Level 6	ID: 9076	Level 6	ID: 9091

Youth Art & Music Programs...

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. Min: 8/ Max: 12

Location: Mortensen Community Center
Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID:	Time	Dates
9194	9:30 - 10:15 AM	Wednesdays,
9195	10:30 - 11:15 AM	July 10 - Aug. 14 (6 classes)

Children's Cartooning

For Children Entering Grades 1-5

This is an exciting class that will turn your world into make believe and fantasy! Create fairies, transformers, ordinary animals changed into amazing creatures and much more! Learn how to distort shapes, add impact and create a mood. Endless fun! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 for residents
\$35 for non-residents

ID:	Time	Dates
9196	6:45 - 7:45 PM	Tuesdays, June 25 - July 16 (4 classes)

Princesses and Pirates Art-Ventures with Let's Gogh Art

Entering Grades K - 5

Who wants to be a Princess or a Pirate? Adventures begin when explorers search for a treasure, wearing their own hand-crafted pirate vests and princess wings (think Tinker-belle). Build castles, paint wooden boats and design treasure chests. Princesses design tiaras, wands and jeweled mosaic frames. Both pirates and princesses experience beading, ceramic art, fabric, stained glass and clay art. Princess and pirate treasure hunt storytelling is included as well as surprises, such as FACE PAINTING or GLITTER TATTOOS. All in all, a week filled with fun, creative art-ventures.



Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

Fee: \$140 for residents / \$165 for non-residents

ID:	Time	Dates
9197	9:00 AM - 12:00 PM	Monday - Friday, August 12 - 16 (5 classes)

Mini Art Explorers

One-Day Programs For Children Entering Grades 1-2

No need to commit to a whole session - these one day programs are perfect for busy artists! Each week offers a different opportunity to EXPLORE art with endless imagination, fun and a wide variety of materials. All supplies provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Time: 6:00 - 7:00 p.m.

Fee per session: \$12 for residents

\$14 for non-residents

ID:	Date
ID: 9198	Thursday, June 27
Dazzling Butterfly Mobiles - Blowing in the wind!	
ID: 9199	Thursday, July 11
Painting Colorful Fruit & Veggie Portraits	
ID: 9200	Thursday, July 18
Mixed Media Mosaics - Colorful & tactile!	
ID: 9201	Thursday, July 25
Dinosaurs That Live in Unusual Places - Where will yours live??	
ID: 9202	Thursday, August 1
Painting an Under the Sea Tropical Wonderland	
ID: 9203	Thursday, August 8
Puppets - Can they really talk?	
ID: 9204	Thursday, August 15
Painting Sandcastles & Lighthouses By The Sea - with real seashells!	

Art Explorers

One-Day Programs For Children Entering Grades 3-6

No need to commit to a whole session - these one day programs are perfect for busy artists! Each week provides a different opportunity to EXPLORE art with endless imagination and use a wide variety of materials. Classes are designed to encourage creative thinking skills. All supplies are provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Time: 5:30 - 6:30 p.m.

Fee per session: \$12 for residents / \$14 for non-residents



ID:	Date
ID: 9205	Tuesday, June 25
Sandcastles by the Sea - Raised relief sculpture with real sand and seashells!	
ID: 9206	Tuesday, July 2
Paint Colorful Fruit & Veggie Portraits	
ID: 9207	Tuesday, July 9
Build 3D Boats - That really float!	
ID: 9208	Tuesday, July 16
Drawing Surreal, Imaginative Creatures - for example, striped elephants that really crawl!	
ID:	Date
ID: 9209	Tuesday, July 23
Painting an Underwater Tropical Paradise - Fish that shimmer with color!	
ID: 9210	Tuesday, July 30
Robot Sculptures - Would yours clean your room or fly to the moon?	
ID: 9211	Tuesday, Aug. 6
Bugtopia - Create imaginative insects!	
ID: 9212	Tuesday, Aug. 13
Draw a Fantasy Structure - Who lives there?	

Ben Alaimo Baseball Camp

Ages 8 - 14

Join Newington High School Head Baseball Coach Ben Alaimo for two exciting camps geared toward Little Leaguers and Babe Ruth baseball players. Participants will learn high quality age-appropriate baseball skills. Instruction will focus on mechanics of throwing and catching, player specific hitting fundamentals, defensive skill development, fundamentals of base running, in game offensive and defensive situation instruction and more. In addition to outstanding instruction, this camp will offer fun skills contests and games! All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat, hat, water bottle and glove.

Location: *Small Diamond: Volunteer Field*
Big Diamond: Legends Field
(Both fields at Clem Lemire Complex)

ID	Time	Dates	Fee
----	------	-------	-----

Small Diamond Players (Ages 8-12)

9092	9:00 AM - 12:00 PM	Tues - Fri, June 25 - 28 (7/1 rain date)	\$115
------	--------------------	---	-------

Big Diamond Players (Ages 12-14)

9093	9:00 AM - 12:00 PM	Mon - Thurs, Aug 5 - 8 (8/9 rain date)	\$115
------	--------------------	---	-------

Girls' Fast Pitch Softball Camp

Entering Grades 5 - 9

Join the Newington Girls Softball Head Coach Steve Markie and staff to learn the skills necessary to becoming a better softball player. The philosophy of the camp is to encourage and teach participants a better understanding of game fundamentals and improve each participant's individual skill level. Participants will leave with improved skills and a greater love and understanding for the game of softball. All participants receive a free t-shirt at the end of the week. Participants should bring a glove and bat if they own one.

Location: *Newington High School Softball Fields*

ID	Time	Dates	Fee
----	------	-------	-----

9095	9:00 AM - 12:00 PM	Mon - Thurs, July 15 - 18 (7/19 rain date)	\$115
------	--------------------	---	-------



Chris Corkum Baseball Camp

Ages 7 - 12

Chris Corkum and his experienced staff are excited for their 23rd year in Newington! This very successful camp stresses all aspects of the game of baseball. Included are fun and fitness plus in depth work in fielding, throwing, hitting, pitching, base running and game play. This camp will lecture, demonstrate and direct during the small group instructional sessions. The camp will also stress knowledge of the rules and regulations of baseball. Please bring a bat, glove, hat, sneakers/spikes and a water bottle. For more information, call Chris Corkum at 860-623-1027.

Location: *Legends Field, Clem Lemire Complex*

ID	Time	Dates	Fee
----	------	-------	-----

9094	8:00 AM - 12:00 PM	Mon - Thurs, July 22 - 25 (7/26 rain date)	\$120
------	--------------------	---	-------

Non-residents pay the same rate as residents for all the programs listed on this page!

Play-Well TEKologies

Ages 5 - 10

Have your child become a Play-Well engineer!

Pre-Engineering with LEGO (ages 5-7)

Build cities, bridges, motorized cars and planes with access to over 100,000 pieces of LEGO. Students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

Engineering FUNDamentals with LEGO (ages 8-10)

Students will apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack. Design and build as never before - with access to over 100,000 pieces of LEGO!

Instructor: *Play-Well TEKologies staff*

Location: *MCC Romano Room*

Fee: *\$140*

ID	Time	Dates
----	------	-------

Pre-Engineering (ages 5-7)

9192	9:00 AM - 12:00 PM	Mon - Fri, August 19 - 23
------	--------------------	---------------------------

Engineering FUNDamentals (ages 8-11)

9193	1:00 PM - 4:00 PM	Mon - Fri, August 19 - 23
------	-------------------	---------------------------

Basketball Camp

Entering Grades 3 - 8

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

Staff: *Scott Wenzel & high school players*

Location: *NHS Gymnasium*

ID	Time	Dates	Fee
----	------	-------	-----

Boys Entering Grades 3 - 5

9096	8:00 AM - 11:00 AM	Mon - Fri, July 29 - Aug 2	\$100
------	--------------------	----------------------------	-------

Boys Entering Grades 6 - 8

9097	11:30 AM - 2:30 PM	Mon - Fri, July 29 - Aug 2	\$100
------	--------------------	----------------------------	-------

Girls Entering Grades 3 - 5

9098	8:00 AM - 11:00 AM	Mon - Fri, Aug 5 - 9	\$100
------	--------------------	----------------------	-------

Girls Entering Grades 6 - 8

9099	11:30 AM - 2:30 PM	Mon - Fri, Aug 5 - 9	\$100
------	--------------------	----------------------	-------

LAX Stars - Girls' Lacrosse Camp

Entering Grades 5 - 9

Come learn and experience the excitement of girls' lacrosse in this fun and challenging camp! Players will learn the fundamentals of lacrosse from a US Lacrosse certified and veteran high school lacrosse coach and her staff. This camp will cover the very basics to the most advanced skills of girls' lacrosse, from the first-time player to the most advanced player. All participants will receive a "LAX Stars" t-shirt. Sticks and goggles will be available if needed. Each participant should bring a mouth guard and water bottle.

Instructor: *NHS Girls Lacrosse Head Coach Selina Quirion and staff*

Location: *Newington High School (Field TBD)*

ID	Time	Dates	Fee
----	------	-------	-----

9100	5:30 - 7:30 PM	Mon - Fri, July 22 - 26	\$85
------	----------------	-------------------------	------

UK International Soccer Camp *Ages 3 - 14*

UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring a soccer ball, shinguards, appropriate clothing, water and sunscreen. All players receive a free soccer ball, camp t-shirt & evaluation.

Ages 3-4 will focus on a fun introduction to the great sport of soccer.

Ages 5-6 will focus on fun, exciting games to build confidence and teach fundamentals. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun-oriented environment.

Ages 6-14 will focus on technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

Location: Mill Pond Park Soccer Fields

Dates: Monday - Friday, July 15 - 19

ID	Ages	Time	Fee
9101	3-4	5:00 - 6:00 PM	\$70
9102	5-6	6:00 - 7:30 PM	\$85
9103	6-14	5:00 - 8:00 PM	\$120

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

Non-residents pay the same rate as residents for all programs listed on this page!

Skyhawks Summer Sports Camps



Basketball *Grades K - 2*

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a ball and t-shirt!

ID	Time	Dates	Location	Fee
8786	5:00 - 6:30 PM	Mon-Thurs, June 24 - 27	Mortensen Community Center Gym	\$70

Flag Football *Ages 6 - 12*

Campers learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment! The week ends with the Skyhawks Sports Bowl! Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

ID	Time	Dates	Location	Fee
8791	9 AM - 12 PM	Mon-Fri, July 22 - 26	Mill Pond Park (Garfield St)	\$115

Mini-Hawk (Soccer, Baseball & Basketball) *Ages 5 - 7*

This baseball, basketball and soccer program gives young children a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

ID	Time	Dates	Location	Fee
8789	5:00 - 7:00 PM	Mon-Thurs, July 8 - 11	Mill Pond Park (Garfield St)	\$75
8790	10:00 AM - 1:00 PM	Mon-Fri, Aug 12 - 16	Mill Pond Park (Garfield St)	\$115

Multi-Sport (Capture the Flag, Ultimate Frisbee & Kickball) *Ages 7 - 12*

In this multi-sport camp we combine three sports into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a ball and t-shirt!

ID	Time	Dates	Location	Fee
8793	9:00 AM - 1:00 PM	Mon-Fri, Aug 12 - 16	Mill Pond Park (Garfield St)	\$119

Tiny-Hawk (Soccer, Baseball & Basketball) *Ages 3 - 4*

This camp for pre-school aged kids introduces the essentials of popular sports. Through games and activities, campers explore balance, hand/eye coordination and skill development. All participants must be toilet trained. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a t-shirt!

ID	Time	Dates	Location	Fee
8787	5:00 - 6:30 PM	Mon-Thurs, June 24 - 27	Mill Pond Park (Garfield St)	\$70
8788	9:00 - 9:50 AM	Mon-Fri, Aug 12 - 16	Mill Pond Park (Garfield St)	\$65

Volleyball *Ages 10 - 14)*

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Participants should wear appropriate clothing and sneakers and bring knee pads and water. All participants receive a ball and t-shirt!

ID	Time	Dates	Location	Fee
8792	6:00 - 8:00 PM	Mon-Thurs, July 22 - 25	Mortensen Community Center Gym	\$75

Summer Sunshine

Ages 3 & 4 (Newington residents only)
June 24th - August 1st, 9:00 AM - 2:00 PM



Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Each week is a different theme with all sorts of activities including arts & crafts, games, free play and much more. All participants must be toilet trained. Each child should bring a healthy lunch (lunches may not contain any snacks with peanut butter or nuts of any kind) with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning; children will attend supervised swim every day at the Mill Pond Pool wading area. Children ride on a school bus with all staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

The program will be held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space!

Staff: Marilyn Janelle, Loralyn Callahan and Staff

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

Extended Care Program! Summer Sunshine will be staffed beginning at 8:00 AM for those parents who need to drop off their child earlier than 9:00 AM. Additional fees apply.

Summer Sunshine Registration Forms are available at www.newingtonct.gov/parksandrec or at the Parks and Recreation office.

EACH WEEK IS A DIFFERENT THEME!

Week 1	Welcome To Summer Camp!
Week 2:	Holiday Celebrations
Week 3:	Awesome Oceans
Week 4:	Beach Bums
Week 5:	Nature Nuts
Week 6:	School Skills

DAILY ACTIVITIES

Mondays:	Painting and Drawing Activities
Tuesdays:	Messy Art Projects and Creations
Wednesdays:	Beads and Wearable Projects
Thursdays:	Play Dough and Multi Media Art Activities

Creative Playtime Preschool Program

Register Now for the 2013-2014 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

860-665-8666

Registration Information

Week	ID	Dates
Week 1	9104	Monday and Wednesday, June 24, 26
	9105	Tuesday and Thursday, June 25, 27
Week 2*	9106	Monday, Tuesday and Wednesday July 1, 2, 3
Week 3	9107	Monday and Wednesday, July 8, 10
	9108	Tuesday and Thursday, July 9, 11
Week 4	9109	Monday and Wednesday, July 15, 17
	9110	Tuesday and Thursday, July 16, 18
Week 5	9111	Monday and Wednesday, July 22, 24
	9112	Tuesday and Thursday, July 23, 25
Week 6	9113	Monday and Wednesday, July 29, 31
	9114	Tuesday and Thursday, July 30, August 1

** Please note that Week 2 is a three-day program (no program 7/4).*

Payment Information

Two Days per week: **\$60 each week**
 Four Days per week: **\$100 each week**
Week 2 (three days): \$80

Save \$80!

Four Days per week (three days during Week 2) for all 6 weeks: \$500*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks purchased individually is \$580.

Extended Care Information

Extended care is available for this program from 8 - 9 a.m.

Two Days per week: **\$12 each week**
 Four Days per week: **\$22 each week**
Week 2 (three days): \$17

Save \$12!

Four Days per week (three days during Week 2) for all 6 weeks: \$115*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks of extended care at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks of extended care purchased individually is \$127.

Summer Music



Entering Grades 4 and up

Start a brand new instrument, or if you play already, join the Band or Orchestra! This program is for beginners to intermediate to advanced musicians. This program is held at John Wallace Middle School. Please go to the Summer Music webpage for more details, schedules and other important information:

<http://patersonmusic.net/SummerMusic.html>

or contact Paul Kemp at John Paterson School:

pkemp@npsct.org.

Program Dates: Monday – Friday, July 1st – August 1st
(no program July 4th)

Evening Concert: Wednesday, July 31st

Program Director: Paul Kemp

The following programs are available:

Summer Music – Beginners ID: 9213

This program is for beginners or students looking to learn a new instrument.

Time: 8:00-10:00 AM*

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced ID: 9214

This program is for older students who already have experience playing an instrument and are ready to join the Band or Orchestra.

Time: 10:00 AM – 12:00 PM*

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced PLUS ID: 9215

This program is for older students who want to join the Band or Orchestra, but also wish to learn a new instrument. Students will participate in both sessions described above.

Time: 8:00 AM – 12:00 PM*

Fee: \$135 for residents / \$155 for non-residents

**See the Summer Music Schedule for details about specific instrumental music times.*

Performing Arts Programs

Ages 6 -12

This five-day experience is offered for young drama and dance enthusiasts! Some of the topics and activities include exciting Musical Theater dance routines, theater games, acting terminology, concentration and improvisational exercises, voice and speech, sense memory, subtext, stage stills and script work. The program concludes with a performance for family and friends on the last day.

Location: Newington Town Hall Council Chambers

Staff: Performing Arts Programs staff

ID	Time	Dates	Fee
9260	9:00 AM - 2:30 PM	Mon. - Fri., July 8 - 12	\$225 for residents (Fee remains the same for non-residents)

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year

Our staff is planning an action-packed summer for your child that will include exciting field trips and special events! Registrants may sign up for all sessions. The ratio is approximately 1 staff member to 10 children. Playground Pals is held at the Mortensen Community Center Teen Center. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day.

Our staff work to provide a positive experience for all participants and are individuals who are selected on the basis of their skills and talents, as well as their enthusiasm.

ELIGIBILITY: Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this year. Those who have completed 1st grade are not eligible for this program. Registration is limited and accepted on a first-come, first-served basis.

Monday - Friday, June 24th - August 9th

(no program July 4th)

9:00 AM - 2:00 PM

Extended Care Hours Available

SPACE IS LIMITED - REGISTER EARLY!

Register for Playground Pals weekly at the rates listed at right.

**To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 5 is \$580. Total cost for 7 weeks purchased individually after June 5 is \$650.*

	By June 5	After June 5
ALL 7 WEEKS*:	\$485	\$515
ANY 4 WEEKS*:	\$295	\$315
ANY 1 WEEK:	\$85	\$95
WEEK 2:	\$70	\$80

(No Program July 4th)

Extended Care

The Playground Pals Extended Care program will be staffed from 8:00 - 9:00 a.m. and/or 2:00 - 4:00 p.m. for those parents who need more time. Fees are:

Morning Extended Care

All 7 Weeks*: \$120

Any 1 week: \$20

Week 2: \$16

(No Program July 4th)

Afternoon Extended Care

All 7 weeks*: \$255

Any 1 week: \$40

Week 2: \$32

(No Program July 4th)

Register for Extended Care weekly at the rates listed above.

**To be eligible for the discounted rate, you must register and pay for all 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply.*

A separate registration form must be filled out for Playground Pals. Forms are available at the Parks and Recreation office or on our website:

www.newingtonct.gov/parksandrec

Summer Playgrounds

Open to children who are Newington residents or attend Newington public schools and have completed grades 1 - 7. Students attending other (non-public) Newington schools and have completed grades 1 - 7 may enroll in this program for an additional \$20 fee per week.



The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts, talent shows and much more!

Monday - Friday, June 24th - August 9th

(no program July 4th)

8:00 AM - 4:30 PM

We are now accepting registration for Summer Playgrounds!

Register Today!!

	By June 5	After June 5
ALL 7 WEEKS*:	\$570	\$600
ANY 4 WEEKS*:	\$440	\$460
ANY 1 WEEK:	\$125	\$135
WEEK 2:	\$100	\$110

(No Program July 4th)

Register for Summer Playgrounds at the rates listed above.

*To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 5 is \$850. Total cost for 7 weeks purchased individually after June 5 is \$920.

A separate registration form must be filled out for Summer Playgrounds. Forms are available at the Parks and Recreation office or on our website:
www.newingtonct.gov/parksandrec

Counselor In Training (CIT)

For Newington youths ages 14 & 15

The Counselor In Training (CIT) Program provides instruction and skill development related to working with children in a summer playground setting. Interested participants must apply and be selected for this 3-week program. Applications will be reviewed, and qualified applicants will be interviewed. Selected participants will be notified of acceptance into the CIT program by June 14th. The number of selected participants will depend on the needs of the program. Selected CITs will be involved with the Summer Playground Program for 3 weeks of the program. Selected participants will be expected to make a full commitment to the CIT Program. Each participant will be placed at one of the playground sites based on the needs of the program.

To apply for the Counselor In Training Program, participants must complete and submit the following to the Parks and Recreation office by Friday, May 31st:

- Town of Newington Employment Application
- Three (3) CIT Recommendation Forms

The Employment Application and CIT Recommendation Forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec

Program Information

ID:	9241
Time:	8:00 AM - 4:00 PM (Individual schedules may vary depending on playground site placement)
Fee:	\$75 per participant
Program Dates:	Monday - Friday, July 8 - 26*

*Selected participants will also be required to attend a mandatory orientation session with a parent/guardian on Thursday, June 27th from 5:30-6:30 p.m.

This program is a great opportunity for those who enjoy working with children!



Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June 1 through September 2, 2013

Phone: 860-667-5820

Program Coordinators: Bob Dean, Nancy Frost,
Sarah & Matt Dean

COURT FEES

\$12 per hour for NTA Members & Residents;

\$16 per hour for Non-Residents

SEASON PLAY PASSES

\$130/player and \$190/family (NTA members only)

JUNIORS (18 & under):

\$10.00 per player

* Checks made payable to:

Newington Tennis Association

OPEN COURT HOURS

Monday through Friday

8:00 AM – 12:00 Noon

5:00 PM - 8:00 PM

Saturdays & Sundays

8:30 AM - 12:00 Noon

NTA PROGRAMS

Balls included for all programs. Fee: \$7.00 for all
programs except Men's Singles (Fee: \$9.00)

Program	Days	Time
Women's Doubles	Tuesdays	9:00 - 11:00 AM
	Wednesdays	5:30 - 8:00 PM
Men's Doubles	Wednesdays	5:30 - 8:00 PM
	Saturdays	9:00 - 11:00 AM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays	9:00 - 11:00 AM
	Tuesdays	5:30 - 8:00 PM

Youth Registration Form Please use this form when registering for youth tennis!

Class: _____ Session(s): _____
 Student Name: _____ Age: _____
 Address: _____ City: _____
 Phone: _____ Emergency Contact: _____

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Rain dates will be held indoors at the Tennis & Fitness
Center of Rocky Hill for an extra fee. For questions about
the program, please call Bob Dean after May 15th at 860-
667-5820 or 860-667-4984 prior to May 15th.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 3 - 6	#6 July 8 - 11
#2 June 10 - 13	#7 July 15 - 18
#3 June 17 - 20	#8 July 22 - 25
#4 June 24 - 27	#9 July 29 - Aug. 1
#5 July 1, 2, 3 & 5*	#10 Aug. 5 - 8

*Week #5 meets Monday, Tuesday, Wednesday, Friday

MUNCHKIN TENNIS (Red Ball), Ages 4 - 7

Designed for the little players. Have fun and play games
while learning the basic skills of tennis. Using a larger,
low compression ball, on a lower net to develop tennis
skills.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$45 resident \$53 non-resident

RISING STARS (Orange Ball), Ages 7 - 10

Introduce & continue the development of basic skills.
Emphasis on ground strokes, serves, volleys, rules of
play and court etiquette. Using a lower compression ball.

Level	Time	Fee
Beginner -	10:00 - 11:00 AM	\$45 resident
Intermediate	11:00 AM - 12:00 noon	\$53 non-resident

CHAMPIONSHIP TENNIS, Ages 10 - 15

Designed for advanced beginners and intermediate juni-
ors working on more complete tennis skills, specialty
shots and match play.

Level	Time	Fee
Intermediate	11:00 AM - 12:00 noon	\$45 resident \$53 non-resident

TOURNAMENT TENNIS, Ages 12 & up

High school team and youth tournament players. High
level of competition. Designed for the more serious
player. Subject to screening by the tennis staff.
This class is only held on Wednesdays.

Level	Time	Fee
Advanced	1:00 - 2:30 PM	\$17 resident \$20 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes
8-10 matches) 1 practice per week (Mondays, 1:00-
2:30 p.m.), 2 matches per week (Tuesdays and
Thursdays, 1:00-3:00 p.m.) Fee includes end of the
season tournament at Glenbrooke Swim & Tennis.

Dates	Fee
June 28 - July 29	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after
May 15th at 860-667-5820 or 860-667-4984.

LESSON RATES

Private:	1 hour: \$39 1/2 hour: \$29
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Tuesdays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips

Tuesdays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

Please use this form when registering
for adult tennis lessons

Name: _____

Home Phone: _____

Work Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at
any time!

Enter date you wish to begin:

Circle Appropriate Session:

Tuesday:	Beginner	Advanced
Wednesday:	Beginner	Advanced

Golf Programs at Indian Hill Country Club



Golf Instructors:
Wayne Smyth - PGA Professional
Adam D'Amario - PGA Professional
Michelle Winkler - PGA Apprentice

111 Golf Street
 Newington, CT 06111
 Phone: 860-666-5447
 Fax: 860-666-2805
 E-Mail: golfshop@ihccgolf.com

Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Adult Beginner Golf Clinic (Co-Ed)

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment. The five lessons featured in the Get Golf Ready program will provide basic skill instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others.

For more information about the program, please call 860-666-5447.

Instructors: Michelle Winkler & Adam D'Amario
 Golf Professionals

Complimentary Golf Clinics (Co-Ed) Ages 8 - 16

ID:	Time	Date
9216	11 AM - 1 PM	Monday, June 24
9217	11 AM - 1 PM	Monday, July 29
9218	11 AM - 1 PM	Monday, August 26

Junior Clinics (Co-Ed)

Ages 8 - 16

A concentrated course designed to teach your child everything he/she will need to play golf. The low student-to-instructor ratio allows for plenty of 1-1 time to improve their golf skills. Topics include: full swing, short game, on-course play, rules and etiquette. For more information, please call 860-666-5447.

Instructors: Michelle Winkler & Adam D'Amario
 Golf Professionals

ID:	Time	Dates	Fee
9219	9:00 - 11:00 AM	Tues - Fri July 9 - 12	\$99
9220	9:00 - 11:00 AM	Tues - Fri July 23 - 26	\$99

Attention Newington Residents!

Did you know that as a resident of Newington, you have the opportunity to play Indian Hill Country Club for a fraction of the price? In fact, seniors over 62 play FREE on most Mondays!

Purchase a resident card today to experience the private club atmosphere for just \$61.00 a year (Resident Pass). Limited available tee times and resident pass required for play. Greens fees required for non-senior residents and seniors playing on a non-Monday.

Newington residents also receive discounts on memberships at Indian Hill: Please call 860-666-5447 or go online at www.ihccgolf.com for more information.



Non-residents pay the same rate as residents for all the programs listed on this page!

ID:	Time	Dates	Fee
9224	6:00 - 7:30 PM	Wednesdays, June 19 - July 17 (5 classes)	\$99

The First Tee of Connecticut Instructional Golf Program

Ages 7 - 12

This program introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. Coaches will engage participants while introducing them to the game of golf, including etiquette, rules and The First Tee Code of Conduct. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. Clubs are available for use or participants may bring their own. Spaces are limited.

Instructors: The First Tee Instructors

Location: Tuesday Program held at TPC River Highlands in Cromwell
 Thursday & Saturday Program held at Goodwin Park in Hartford



ID:	Time	Dates	Location	Fee
9221	5:30 - 6:50 PM	Tuesdays, July 9 - Aug. 20 (7 classes)	TPC	\$45
9222	4:00 - 5:20 PM	Thursdays, July 11 - Aug. 22 (7 classes)	Goodwin Park	\$33
9223	12:30 - 1:50 PM	Saturdays, July 6 - Aug. 17 (7 classes)	Goodwin Park	\$33

For more information, please visit:
www.thefirstteect.org

Line Dancing

Line dancing isn't just country/ western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. Come alone or with a partner to this fun class. It's also great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$56 for residents / \$70 for non-residents



ID:	Time	Dates
9225	5:30 - 6:30 PM	Mondays, July 1 - August 19 (8 classes)

Landscape Painting in Oil For Everyone

Learn a different approach to painting a landscape! By focusing on nature's values, colors and shape you will be creating a landscape in the Tonal/Luminous Style. These creative works are mood-evoking, dramatic and have a timeless quality. Bring your own photos or use photos of famous artist's work provided by the instructor. You will complete a painting to hang in three weeks! Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.

Instructor: Fran Judycki
Location: Senior & Disabled Center Arts & Crafts Room
Fee per session: \$30 for residents / \$37 for non-residents



ID:	Time	Dates
9226	6:15 - 8:15 PM	Mondays, June 10 - 24 (3 classes)
9227	6:15 - 8:15 PM	Mondays, September 9 - 23 (3 classes)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
9228	Mixed Levels	5:30 - 6:30 PM	Mondays, July 1 - September 16 (11 classes, no class 9/2)

Kayak Lessons *Ages 13 - adult*

This course provides the student with basic information about kayaks, paddling strokes and maneuvers. At the completion of the lesson, students will be able to select a kayak to suit their needs and adjust the boat to fit their body size. Students will also learn water skills such as forward and reverse paddle strokes, turning, bracing and controlling the kayak. Use of kayaks, personal floatation device and paddles are included. Taught on flatwater in Collinsville, CT.

Location: Collinsville Canoe & Kayak - Collinsville, CT
Fee: \$65 for residents / fee remains the same for non-residents

ID:	Time	Date
8875	10:00 AM- 1:00 PM	Saturday, June 8 (one class)

Intro to Stand Up Paddle Boarding *Ages 13 - adult*



Stand Up Paddle Boarding offers a new perspective on exploring our waterways. It's a great way to get a full body workout. This 1.5 hour long basics session will take place on a quiet stretch of the Farmington River in Collinsville. We'll cover all the basics; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, and safety and etiquette. This is a sport that can be enjoyed in both calm, flat water as well as taken to the next level in the surf! Use of paddle board, personal floatation device and paddles are included.

Location: Collinsville Canoe & Kayak - Collinsville, CT
Fee: \$45 for residents / fee remains the same for non-residents

ID:	Time	Date
8876	11:00 AM- 12:30 PM	Saturday, May 25 (one class)

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Class will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. All fitness levels welcome!



Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

ID:	Time	Dates	Fee:
9229	6:00 - 7:00 PM	Tuesdays, July 2 - Sept. 17 (12 classes)	\$60 for residents \$75 for non-residents
9230	6:00 - 7:00 PM	Thursdays, July 11 - Sept. 19 (11 classes)	\$55 for residents \$68 for non-residents

Please Note:

All participants in our adult programs must be at least 16 years of age or older, unless stated otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Wednesdays: Nina Lawrence

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
9231	Mondays, July 8 - Sept. 16 (10 classes, no class 9/2)	4:45 - 5:30 PM	\$38 for residents \$48 for non-residents
9232	Tuesdays, July 9 - Sept. 17 (11 classes)	5:15 - 6:15 PM	\$55 for residents \$68 for non-residents
9233	Wednesdays, July 10 - Sept. 18 (11 classes)	5:25 - 6:25 PM	\$55 for residents \$68 for non-residents
9234	Thursdays, July 11 - Sept. 19 (11 classes)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
9235	6:30 - 7:30 PM	Mondays, July 1 - Sept. 16 (11 classes, no class 9/2)	\$44 for residents \$55 for non-residents
9236	6:30 - 7:30 PM	Wednesdays, July 3 - Sept. 18 (12 classes)	\$48 for residents \$60 for non-residents

Register for both classes and save \$5!

Residents: \$87 Non-Residents: \$110

Tone Aerobics

This low-impact aerobics class is a great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee:
9237	9:15 - 10:15 AM	Tuesdays, July 2 -Sept. 17 (11 classes, no class 7/23)	\$44 for residents \$55 for non-residents
9238	9:15 - 10:15 AM	Thursdays, July 11 - Sept. 19 (10 classes, no class 7/25)	\$40 for residents \$50 for non-residents

Register for both classes and save \$5!

Residents: \$79 Non-Residents: \$100

Zumba Toning

Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
9239	Mondays, July 8 - Sept. 16 (10 classes, no class 9/2)	5:30 - 6:15 PM	\$38 for residents \$48 for non-residents
9240	Tuesdays, July 9 - Sept. 17 (11 classes)	6:15 - 6:45 PM	\$33 for residents \$41 for non-residents

Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb handweights.

Instructor: Donna Valente

Location: Senior & Disabled Center Rooms A & B

Fee: \$74 for residents / \$93 for non-residents

ID:	Time	Dates
9242	5:15-6:00 PM	Mondays, July 1 - Sept. 16 (11 classes, no class 9/2)



Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

MIXED LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

Fee: Residents: \$102 / Non-Residents: \$127

ID:	Time	Dates
9243	6:00 - 7:00 PM	Wednesdays, July 3 - Sept. 18 (12 classes)



Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

Fee: Residents: \$93 / Non-Residents: \$117

ID:	Time	Dates
9244	6:05 - 7:05 PM	Mondays, July 1 - Sept. 16 (11 classes, no class 9/2)

Pilates Special: Register for any two Pilates classes and save \$10
Residents: \$185! Non-residents: \$234!

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room

Instructors: Karen Sevenoff / Cynthia Wolcott / Lisa Jones

ID:	Class	Time	Dates	Fee:
9245	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, July 2 - Sept. 17 (12 classes)	\$72 for residents \$90 for non-residents
9246	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, July 10 - Sept. 18 (11 classes)	\$66 for residents \$82 for non-residents
9247	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, July 11 - Sept. 19 (11 classes)	\$66 for residents \$82 for non-residents



Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$39 for residents / \$49 for non-residents
Thursdays: \$35 for residents / \$43 for non-residents

ID:	Time	Dates
9248	10:20 - 11:20 AM	Tuesdays, July 2 - Sept. 17 (11 classes, no class 7/23)
9249	10:20 - 11:20 AM	Thursdays, July 11 - Sept. 19 (10 classes, no class 7/25)
Register for both classes and save \$5! Residents: \$69 / Non-residents: \$87		

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. Participants must submit a form completed by their physician when registering and be a member of the Senior Center with a Fitness-Plus Annual Membership.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
8901	11:30 - 1:30 PM	Tuesday, June 11
9250	11:30 - 1:30 PM	Tuesday, July 9
9251	11:30 - 1:30 PM	Tuesday, August 13
9252	11:30 - 1:30 PM	Tuesday, September 10

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents
\$32 per session for non-residents

ID:	Time	Dates
9253	11:15 AM - 12:15 PM	Mondays, July 1 - 29 (5 classes)
9254	11:15 AM - 12:15 PM	Mondays, Aug. 12 - Sept. 16 (5 classes, no class 9/2)

Oil Painting

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee per session: \$35 for residents / \$43 for non-residents



ID:	Time	Dates
9255	9:15 - 11:45 AM	Tuesdays, July 2 - 23 (4 classes)
9256	9:15 - 11:45 AM	Tuesdays, July 30 - Aug. 20 (4 classes)
9257	9:15 - 11:45 AM	Tuesdays, Aug. 27 - Sept. 17 (4 classes)

Register for all three sessions and SAVE \$10!

Residents: \$95 / Non-Residents: \$119

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$50 for residents / \$62 for non-residents



Instructor: Ken Zaborowski

ID:	Class	Time	Dates
9258	BEGINNERS	9:00 - 9:45 AM	Mondays, July 1 - Sept. 16
9259	INTERMEDIATES	10:00 - 10:45 AM	(11 classes, no class 9/2)

Want to learn more about what T'ai Chi is?
Check out Ken's website: www.white-lotus.com

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

***Drop slot may be available after hours.**

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered.

So, if you know you want to take a program...
PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, May 3rd, 2013. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, May 17th, 2013. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be prorated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov/parksandrec

